## Happiness and Pleasure

The essential difference between happiness and pleasure is that 'happiness' is a state of mind in which the triad does not exist which exists in 'pleasure' — the enjoyer, the enjoyed and the enjoying.

Indeed, in the state of happiness the 'me' as the ego, is totally absent; this is the reason the state of deep sleep, our natural state, means happiness, and is the one the human being craves for.

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There is a big difference between 'feeling good' and something making us feel good (or feel bad).

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Many strange things happen in life (strange according to our belief). We have, as a reaction, two alternatives: we can see them as a happening which had to happen according to a Cosmic Law, and we might even see something amusing in it; or, we can whine and complain and grumble about it, and blame and condemn someone for it.

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What does one do if a servant at home or a subordinate at the office does something he should not have done or fails to do what he should have done?

Two things could have happened — either he has done it deliberately or not done deliberately.

If he has done it deliberately, wanting me to get angry and bring on stress, and I do get angry, I shall have given him success on a platter; On the other hand, if I laugh it off as not something important, he will be quite confused and not likely to repeat his action.

If he has not done it deliberately, and I get angry, it will leave him confused because he would not know when he has gone wrong. If I treat the matter as a 'happening' which had to happen according to the Cosmic law,

then whatever I say to the client and the tone in which it is said would be such that it is more than likely to bring about cooperation from the client.

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Pleasure or pain are happenings in the flow of life over which we have no control; happiness or suffering are not in the flow of life, moment to moment, but subjective feelings over which we do have an apparent control because they depend upon our individual attitude toward life, toward the "other" in our inter-human relationships which are the basics of daily living.

Our happiness depends on the harmony of our relationship with the "other", and that happiness is in very nature, the ONENESS of the Source, the Reality.

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More and more I actually experience the fact that I keep on doing what I feel I should do in any particular circumstance, but what happens is not what I have done.

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My suggestion to the traditional gurus, the swamis:

Let us not talk about the Scriptures; let us talk about what the Scriptures talk about, concerning our daily living.

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